



New York State Senator  
**Rachel May**

District 48



# SENIOR RESOURCE GUIDE





**THE SENATE  
STATE OF NEW YORK**



**RACHEL MAY**  
**SENATOR, 48<sup>TH</sup> DISTRICT**

**Chair**  
Cities 2  
Legislative Commission on  
Rural Resources  
**Committees**  
Aging  
Agriculture  
Elections  
Environmental Conservation  
Health  
Housing, Construction and  
Community Development

**Albany Office**  
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Syracuse, New York 13202  
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[may@nysenate.gov](mailto:may@nysenate.gov)

Dear Neighbor:

It is my commitment to continue our efforts to provide resources and information, and to advance policy that will enhance the health, overall well-being, and quality of life for our senior community.

I'm pleased to provide this Senior Resource Guide for residents of the 48th District of New York State. The Guide is designed to provide a wealth of information about services and benefits close to home. We hope you find it to be a useful tool as you make decisions. We've done our best to include as much information as possible as of this publication date. I welcome your feedback and suggestions for NYS policies as well as services for seniors that are needed. Please don't hesitate to contact my office if you have any questions or comments.

Best wishes to you for your health and safety,

A handwritten signature in black ink that reads "Rachel May". The signature is written in a cursive, flowing style with a large, sweeping flourish at the end.

Senator Rachel May  
NYS 48th Senate District

The information in this Guide is provided for seniors and their caregivers to assist with identifying available resources and services within the NYS Senate 48th District. It is not intended as an endorsement of any organization or service.

We have done our best to make this Guide as complete and accurate as possible. We apologize for any omissions or errors.

If there are any additional resources you would like to see included in the next edition, please feel free to contact Senator May's Office.

In the Syracuse area, call: (315) 478-8745

To reach our Albany Office, call: (518) 455-2838

# Table of Contents

<b>Emergency/Important Numbers.....</b>	<b>1</b>
<b>Community Resources .....</b>	<b>2</b>
Dial 211 for Assistance.....	2
211 CNY .....	2
AccessCNY.....	2
Arise .....	2
Contact Community Services .....	2
Community Living Advocates .....	2
CNY Lyme and Tick-Borne Disease Alliance .....	2
Empower Parkinson, Inc.....	2
Grief and Loss.....	3
CNY Hope for Bereaved.....	3
Hospice of Central New York.....	3
National ASPCA Pet Loss Hotline .....	3
Interfaith Works.....	3
LeMoyne Center for Aging Resources and Enrichment.....	3
Peace, Inc. ....	3
SAGE Upstate .....	3
Vera House .....	3
<b>The Office for Aging (NYSOFA).....</b>	<b>4</b>
County Offices for the Aging.....	4
<b>Meals for Seniors .....</b>	<b>5</b>
Meals on Wheels.....	5
Free Meal Sites .....	5
Food Pantry Assistance .....	6
SNAP - Supplemental Nutrition Assistance Program .....	6
<b>Housing.....</b>	<b>7</b>
Heating & Cooling Assistance.....	7
Home Energy Assistance Program (HEAP) .....	7
P.E.A.C.E., Inc., Energy & Housing.....	7
Home Repairs/Modifications .....	7
CNY Access .....	7
Access CNY: Family Support/Home Services.....	7

Home Headquarters.....	7
<b>Legal Services .....</b>	<b>8</b>
Medicaid Fraud Control Unit .....	8
Onondaga County.....	8
Catholic Charities .....	8
Onondaga County Bar Association (OCBA) Lawyer Referral Service (LRS) ..	8
Legal Services of Central New York .....	8
Hiscock Legal Aid Services .....	8
Mental Hygiene Legal Service.....	8
NYS Attorney General’s Office - Syracuse Office .....	8
Onondaga Commission on Human Rights .....	9
Volunteer Lawyers Project of Onondaga County, Inc.....	9
<b>Area Libraries .....</b>	<b>10</b>
Cayuga County.....	10
Onondaga County.....	11
Suburban Libraries.....	11
City of Syracuse Libraries .....	12
<b>Mental Health Resources.....</b>	<b>13</b>
Cayuga County Mental Health .....	13
Onondaga County Mental Health .....	13
Crisis Assistance, Referral Services, and Support Groups .....	13
<b>Senior Support Resources .....</b>	<b>13</b>
Senior Companion Program at InterFaith Works.....	13
Senior Companion at Westcott Community Center.....	14
Personal Emergency Response Systems .....	14
<b>Senior Centers.....</b>	<b>15</b>
Cayuga County.....	15
Onondaga County.....	15
Social Adult Care - Cayuga County .....	16
Social Adult Care - Onondaga County .....	16
<b>Veterans Agencies and Resources .....</b>	<b>17</b>
Clear Path for Veterans.....	17
NYS Division of Veterans’ Services .....	17
Syracuse University College of Law - Veterans Legal Clinic.....	17

Office of Veterans and Military Affairs (OVMA).....	17
Veterans Service Agency - Onondaga County .....	17
<b>Other Resources .....</b>	<b>18</b>
AARP - New York State Office .....	18
Great New York State Fair.....	18
New York State Fair Senior Days .....	18
New York State Golden Park Program.....	18
Baldwinsville Theatre Guild.....	18
Erie Canal Museum .....	18
Everson Museum of Art .....	18
The Landmark Theatre .....	18
Onondaga County Parks.....	18
Onondaga Lake Park .....	19
The Redhouse .....	19
Rosamond Gifford Zoo.....	19
Salt Museum .....	19
Shacksboro Schoolhouse Museum .....	19
Symphoria .....	19
<b>Cayuga-Art, Culture and History.....</b>	<b>19</b>
Auburn Public Theater .....	19
Cayuga Museum of History and Art.....	19
Equal Rights Heritage Center.....	19
Seward House.....	19
Emerson Park.....	20
John Harris Park.....	20
Owasco Flats Nature Preserve .....	20
Hoopes Park.....	20
Sterling Nature Center.....	20
Fillmore Glen State Park.....	20
<b>Office of Senator Rachel May - Senior Assistance .....</b>	<b>20</b>



*Senator May pictured with Assembly Member Al Stirpe and Governor Kathy Hochul.*

# Emergency Numbers

<b>Police, Fire, Ambulance:</b>	<b>Dial 911 for Emergencies</b>
<b>Centers for Disease Control and Prevention:</b>	<b>1-800-232-4636</b>
<b>Crisis/Suicide Hotlines:</b>	<b>(315) 251-0600</b> (CONTACT Community Services)  <b>1-800-273-8255</b> (National Suicide Prevention Lifeline)
<b>Domestic/Elder Abuse:</b>	<b>(315) 468-3260</b> (Vera House) or 315-484-7263 for hearing impaired  <b>(315) 435-2825</b> (Onondaga County Adult Protective Services)  <b>1-844-697-3505</b> (NYS Adult Protective Services)  <b>1-800-799-7233</b> (National Domestic Violence Hotline)
<b>RAINN</b> (Rape Abuse Incest National Network)	<b>1-800-656-4673</b>
<b>Upstate NY Poison Center:</b>	<b>1-800-222-1222</b>
<b>Veterans Crisis Line:</b>	<b>1-800-273-8255, then press 1</b>

# Community Resources

## Dial 211 for Assistance

*Dial 211 is a resource to call for assistance when you're not sure where to turn.*

## 211 CNY

On your phone, dial 211 to reach this service in your area.

[www.211cny.com/](http://www.211cny.com/)

## AccessCNY

1603 Court St.

Syracuse, NY 13208

(315) 455-7591

[www.accesscny.org/about/](http://www.accesscny.org/about/)

*Provides services to individuals with developmental disabilities or acquired brain injuries (ABIs), services for mental health issues, clinical services for those with disabilities and Consumer Directed Homecare.*

## Arise

635 James St.

Syracuse, NY 13203

(315) 472-3171

[www.ariseinc.org/](http://www.ariseinc.org/)

*Arise supports independent living through advocacy, accessibility, adaptive design, and services for people with disabilities and mental health issues.*

## Contact Community Services

6311 Court Street Rd.

East Syracuse, NY 13057

(325) 251-0600

[www.contactsyracuse.org](http://www.contactsyracuse.org)

***If you are in immediate danger, dial 911.***

***To contact the 24-hour Contact Hotline:***

*telephone counseling, suicide prevention, crisis counseling, information and referral.*

## Community Living Advocates

Liverpool, NY

(315) 409-9361

[www.communitylivingadvocates.com/](http://www.communitylivingadvocates.com/)

*A one-stop clearinghouse of information for seniors, caregivers and individuals with disabilities.*

## CNY Lyme & Tick-Borne

### Disease Alliance

31 W. Seneca St. #9, Manlius, NY 13104

(315) 551-2551

[www.cnylymealliance.org](http://www.cnylymealliance.org)

*Research, education and awareness battling Lyme and tick-borne disease.*

## Empower Parkinson, Inc.

604 Old Liverpool Rd.

Liverpool, NY 13088 (back of bldg.)

Mailing address:

P.O. Box 353

Tully, NY 13159

(315) 729-7178 - Patrick VanBeveren, DPT

[empowerparkinson@gmail.com](mailto:empowerparkinson@gmail.com)

*Services for individuals living with Parkinson's disease, their care partners and families to support well-being and improve function including: educational sessions, support groups, nutrition, yoga, dance, boxing and other exercise programs.*

## **Grief and Loss**

### **CNY Hope for Bereaved**

(315) 475-4673

[www.hopeforbereaved.com/](http://www.hopeforbereaved.com/)

*Support groups, one-on-one counseling and workshops to share the journey from grief to hope.*

### **Hospice of Central New York**

(315) 634-1100

[www.hospicecny.org/](http://www.hospicecny.org/)

*Palliative care and supportive services.*

### **National ASPCA Pet Loss Hotline**

1-877-474-3310

### **Interfaith Works**

1010 James Street

Syracuse, NY 13203

(315) 449-3552

[www.interfaithworkscny.org/](http://www.interfaithworkscny.org/)

*Senior services, Center for New Americans, interfaith programs and dialogue to build bridges.*

### **LeMoyne Center for Aging Resources and Enrichment**

(315) 445-5445

[www.lemoyne.edu/Academics/Colleges-Schools-Centers/Purcell-School-of-Professional-Studies/Center-for-Aging-Resources-and-Enrichment](http://www.lemoyne.edu/Academics/Colleges-Schools-Centers/Purcell-School-of-Professional-Studies/Center-for-Aging-Resources-and-Enrichment)

*Provides education and resources for students and seniors.*

### **Peace, Inc.**

People's Equal Action and Community Effort, Inc. Administrative Office:

217 South Salina St., 2nd Floor

Syracuse, NY 13202

(315) 470-3300

[www.peace-caa.org](http://www.peace-caa.org)

*Offers senior nutrition, senior companion program, exercise, transportation, food bank and support along with extensive community services.*

### **SAGE Upstate**

SAGE Upstate Center

431 E. Fayette St., #050

Syracuse, NY 13202

(315) 478-1923

[www.sageupstate.org/](http://www.sageupstate.org/)

*SAGE Upstate supports the well-being of older gay, lesbian, bisexual, and transgender people in Central New York through health programs, socials, support groups, and education.*

### **Vera House**

723 James Street

Syracuse, NY 13203

(315) 425-0818 - office

(315) 468-3260 - crisis and support line

[www.verahouse.org/](http://www.verahouse.org/)

*Works to prevent, respond to and partner to end domestic and sexual violence and other forms of abuse.*

# The New York State Office for the Aging (NYSOFA)

- Offers services both in the community and in the homes of seniors who live in New York State, working through the county Offices for the Aging.
- Is a focal point for information related to healthy living and/or care in the home
- Helps seniors and their caregivers to get the services they need
- Provides services directly as well as through partnerships with local community-based organizations

## County Offices for the Aging

*The Offices for the Aging provide extensive resources and services for seniors and caregivers. They include community services and benefits designed to help older adults maintain their independence.*

### **Cayuga County Office for the Aging**

149 Genesee Street  
Boyle Center  
Auburn, NY 13201  
(315) 253-1226  
[www.cayugacounty.us/507/Office-for-the-Aging](http://www.cayugacounty.us/507/Office-for-the-Aging)

### **Onondaga County Office for the Aging**

John H. Mulroy Civic Center  
421 Montgomery St., 10th Floor  
Syracuse, NY 13202  
(315) 435-2362  
[www.ongov.net/aging/](http://www.ongov.net/aging/)

### **New York State Office for the Aging**

(518) 474-4425  
Seniors Help Line: 1-800-342-9871  
[www.aging.ny.gov](http://www.aging.ny.gov)

### **EISEP - In-Home Services for the Elderly**

<https://aging.ny.gov/expanded-home-services-elderly-eisep>

*For general information on important programs, services and resources for seniors throughout New York State, as well as information on crisis hotlines, call 211.*

# Meals for Seniors

## Meals on Wheels

*Meals on Wheels provides in-home delivery service of nutritious meals.*

Meals on Wheels, Cayuga County

(315) 253-1550

meals@cayugacounty.us

Serves: The entirety of Cayuga County.

Meals on Wheels,

Eastern Onondaga County

(315) 637-5446

fmjdmealsonwheels@verizon.net

Serves: Bridgeport, DeWitt, East Syracuse, Minoa, Fayetteville, Jamesville, Kirkville, Manlius, Pompey, Tully/Lafayette area

Kosher Meals on Wheels

(315) 446-9111, Ext. 256

ellisid@sjfs.org

Meals on Wheels of Syracuse, Inc.

(315) 478-5948

mkaufman@meals.org

Serves: City of Syracuse, Jordan/Elbridge, Onondaga Nation, Nedrow, Skaneateles

North Area Meals on Wheels, Inc.

(315) 452-1402

northareamow@verizon.net

Serves: Cicero/North Syracuse School District, Brewerton, Clay, Salina (south of John Glenn Blvd.)

## Free Meal Sites

Assumption Daily Sandwich Program/  
Soup Kitchen

808 N. Salina St.

Syracuse, NY 13208

Lunch: Monday-Sunday, 11 a.m.-1 p.m.

Dinner: Monday-Friday, 4-5 p.m.

(315) 473-9101

Hopps Memorial Church Soup Kitchen

1110 South State St.

Syracuse, NY 13202

Lunch: Wednesday-Friday, 11:30 a.m.

(315) 475-9108

Payton Temple Soup Kitchen

1816 Midland Ave.

Syracuse, NY 13205

Lunch: Saturday, Noon-1 p.m.

(315) 214-8893

Rescue Mission Soup Kitchen

148 Gifford St.

Syracuse, NY 13202

(888) 808-6770

Breakfast: Monday-Sunday, 7:30-8:15 a.m.

Lunch: Monday-Sunday, 11:45 a.m.-12:45 p.m.

Dinner: Monday-Sunday, 4:30-5:15 p.m.

(except holidays)

Samaritan Center

215 North State St.

Syracuse, NY 13203

Breakfast: Monday-Friday, 6:30-8:30 a.m.

Afternoon meal: Monday-Thursday, 2:30-

4:30 p.m., Friday/Weekends/Holidays,

12:00-2:30 p.m.

*All meals are served to go.*

Southside Church of Christ Soup Kitchen

1327 W. Colvin St.

Syracuse, NY 13207

Lunch: Saturday, 11:30 a.m.-2 p.m.

(315) 422-4499

St. Lucy's Church

432 Gifford St.

Syracuse, NY 13204

Lunch: Tuesday, Wednesday,  
and Thursday: 11 a.m.-1 p.m.  
Sunday: 11 a.m.-12 p.m.

SS Peter and John  
169 Genesee Street  
Auburn, NY 13021  
(315) 252-5721

Lunch: Saturday Noon - 1 p.m.

The Salvation Army  
18 E Genesee Street  
Auburn, NY 13021  
(315) 253-0319

Lunch: Sunday 3:00 p.m. - 4:00 p.m.

Knights of Columbus  
47 Market St  
Auburn, NY 13021  
(315) 253-8722

Dinner: Tuesday 4:30 p.m. - 5:30 p.m.

Brogan Manor Community Room  
37 Olympia Avenue  
Auburn, NY 13021  
(315) 253-6249

Lunch: Wednesday 11:30 a.m. - 12:00 p.m.

Melone Village  
7 Merriman Street  
Auburn, NY 13021  
(315) 253-6249

Lunch: Wednesday 12:00 p.m. - 12:30 p.m.

## Food Pantry Assistance

Food pantries provide a limited supply of groceries which the recipient may prepare at home.

- If you live in **Onondaga County**, contact the Interreligious Food Consortium, an umbrella agency for more than 70 food pantries and meal sites throughout Onondaga County, at (315) 474-8855 for a referral.  
[www.ifccny.org/](http://www.ifccny.org/)
- If you live in **Cayuga County**, contact the County Office for the Aging at (315) 253-1226 for information on sites, days and hours.  
[www.cayugacounty.us/507/Office-for-the-Aging](http://www.cayugacounty.us/507/Office-for-the-Aging).

## SNAP - Supplemental Nutrition Assistance Program

SNAP provides monthly benefits electronically for purchasing food at authorized stores. Eligibility and benefit levels are based on household size, income and other factors.

- In **Cayuga County**, contact the local Department of Social Services at (315) 253-1011 or the Cayuga County Office for the Aging at (315) 253-1226.
- To apply for SNAP in **Onondaga County**, contact the Department of Social Services - Economic Security, located in the John H. Mulroy Civic Center, 421 Montgomery St., Syracuse. You may also call (315) 435-2700.

# Housing

## Heating and Cooling Assistance

### Home Energy Assistance Program (HEAP)

Onondaga County Office Building Energy Assistance Unit

John H. Mulroy Civic Center  
421 Montgomery Street, 2nd Floor  
Syracuse, NY 13202

(315) 435-8295

*Federally-funded energy assistance programs to help low-income families meet their home energy costs. Eligibility for the program is based on income and housing situation.*

### P.E.A.C.E., Inc., Energy & Housing

811 East Washington St.

Syracuse, NY 13210

(315) 470-3315

[energy@peace-caa.org](mailto:energy@peace-caa.org)

*This program helps to reduce utility bills for families by making homes more energy efficient.*

## Home Repairs/Modifications

### CNY Access

1603 Court St.

Syracuse, NY 13208

(315) 455-7591

[www.accesscny.org/](http://www.accesscny.org/)

*This program can assist in-home and workplace modifications that improve accessibility and ease of daily activities. Services include consultation, project design plans, cost estimates, and project oversight.*



*Linda Brown-Robinson pictured with Senator May in front of the Syracuse Northeast Community Center (and OCPL Satellite).*

### Home Headquarters

538 Erie Blvd., Suite 100

Syracuse, NY 13204

(315) 474-1939

(800) 724-4330

[www.homehq.org/](http://www.homehq.org/)

*Provides education and assistance for low-income home buyers.*

# Legal Services

## Medicaid Fraud Control Unit

Mailing Address:  
Office of the Attorney General  
The Capitol  
Albany, NY 12224-0341  
(212) 417-5397

## Onondaga County

### Catholic Charities

1654 W. Onondaga St.  
Syracuse, NY 13204  
(315) 424-1810  
*Offers informational and referral services and assistance if you need case management and representative payee services.*

### Onondaga County Bar Association (OCBA) Lawyer Referral Service (LRS)

(315) 471-2690  
[www.onbar.org/find-a-lawyer/](http://www.onbar.org/find-a-lawyer/)  
*A Referral Specialist will connect you with an attorney with expertise in your legal issue. Participating attorneys are private attorneys and charge their own regular rates through this program. Call between 9:00am – 4:00pm, Monday through Friday, excluding holidays. Please note: LRS staff are not lawyers and cannot offer legal advice.*

### Legal Services of Central New York

(315) 703-6600 | Toll-Free: 1-877-777-6152  
[www.lscny.org/](http://www.lscny.org/)  
*Non-profit law firm which provides free civil legal assistance to those of low income in Central New York. An intake worker will determine if you qualify before they can assist you.*

## Hiscock Legal Aid Services

(315) 422-8191  
[www.hlalaw.org/](http://www.hlalaw.org/)  
*Free legal assistance to individuals and families in need.*

## Mental Hygiene Legal Service

224 Harrison St., Suite 502  
Syracuse, NY 13202-3066  
(315) 401-3350  
*Legal services, advice, and assistance for individuals with mental disabilities receiving care or in need of care at in-patient and community facilities. Offers representation for matters of civil liberties, treatment, and guardianship for individuals with mental health concerns or disabilities.*

## NYS Attorney General's Office – Syracuse Office

615 Erie Blvd. West, Suite 102  
Syracuse, NY 13204  
(315) 448-4800  
Office Hours: 8:30am – 6:00pm,  
Monday-Friday  
Helpline: 1-800-771-7755  
Toll-free Line: 1-800-788-9898  
Healthcare Hotline: 1-800-428-9071  
*The State Attorney General has offices across the State that can assist local residents with legal issues.*

## Onondaga Commission on Human Rights

Civic Center  
421 Montgomery St.,  
Suite 19 – Basement level  
Syracuse, NY 13202  
(315) 435-3565

9:00am-6:00pm

[www.ongov.net/humanrights/](http://www.ongov.net/humanrights/)

*This County agency provides education and also handles cases of prejudice and discrimination based on characteristics such as color, sex, or age. They offer answers for educational or informational questions and offer referral services. They are also the contact point for inquiries regarding the Jail Oversight Committee and conditions at the Onondaga County Jail.*

### **Volunteer Lawyers Project of Onondaga County, Inc.**

221 S. Warren Street, Suite 200

Syracuse, NY 13202-1860

(315) 579-2579

*Non-profit legal aid organization that provides free legal information, assistance, and representation in civil legal matters to low-income people in Central New York.*

### **Cayuga County**

#### **Cayuga County Office for the Aging**

149 Genesee Street

Boyle Center

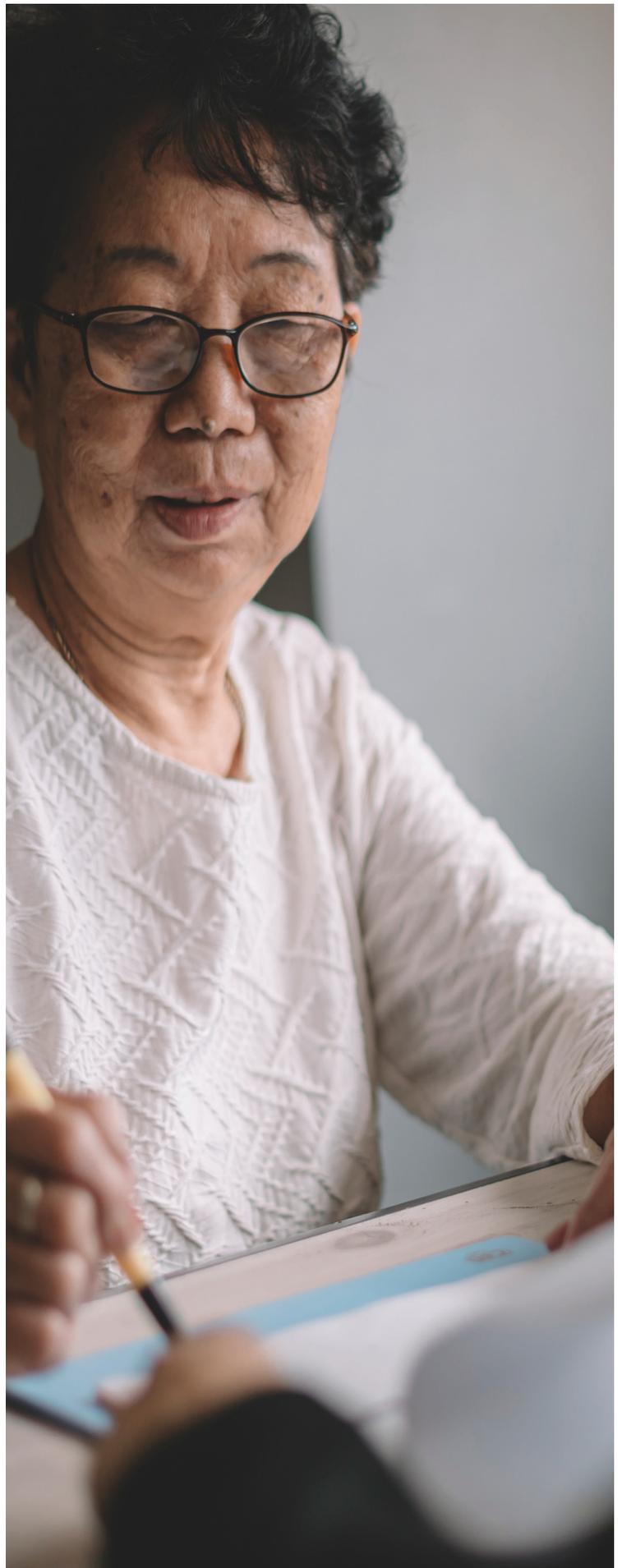
Auburn, NY 13201

(315) 253-1226

[www.cayugacounty.us/507/](http://www.cayugacounty.us/507/)

Office-for-the-Aging

*Offers limited legal services to people 60 and over.*



# Area Libraries

Local libraries have an enriching array of programs that include book clubs, craft activities, technology assistance, art workshops, language lessons (or clubs), and social groups, such as the knitters group shown below with Senator Rachel May. Contact a library in your area to find out what they have available.



*Senator May with members of the Northern Onondaga Public Library Knitters Group.*

## Cayuga County

Library	Address	Phone
Port Byron Library	12 Sponable Dr. Port Byron, NY 13140	(315) 776-5694
Weedsport Free Library	2795 E. Brutus St. Weedsport, NY 13166	(315) 834-6222
Seymour Library	176 Genesee St. Auburn, NY 13201	(315) 252-2571
Hazard Library	1620 W. Genesee St. Syracuse, NY 13204	(315) 435-5326
Aurora Free Library	370 Main St. Aurora, NY 13026	(315) 364-8074

Springport Free Library	171 Cayuga St. Union Springs, NY 13160	(315) 889-7766
Lang Memorial Library	2577 E. Main Street Cato, NY 13033	(315) 626-2101
Powers Library	29 Church St. Moravia, NY 13118	(315) 497-1955
Fair Haven Public Library	14426 Richmond Ave. Fair Haven, NY 13064	(315) 947-5851

## Onondaga County Suburban Libraries

Library	Address	Phone
Cicero North Onondaga Public Library	8686 Knowledge Ln. Cicero, NY 13039	(315) 699-2032
Dewitt and Jamesville Community Library	5110 Jamesville Rd. DeWitt, NY 13078	(315) 446-3578
East Syracuse Free Library	4990 James St. East Syracuse, NY 13057	(315) 437-4841
Fairmount Community Library	406 Chapel Dr. Syracuse, NY 13219	(315) 487-8933
Fayetteville Free Library	300 Orchard St. Fayetteville, NY 13066	(315) 637-6374
Lafayette Public Library	2577 County Rd. 11 P.O. Box 379 LaFayette, NY 13084	(315) 677-3782
Liverpool Public Library	310 Tulip St. Liverpool, NY 13088-4997	(315) 457-0310
Manlius Library	1 Arkie Albanese Ave. Manlius, NY 13104	(315) 682-6400
Minoa Library	242 N. Main St. Minoa, NY 1311	(315) 656-7401
North Syracuse NOPL	100 Trolley Barn Ln. North Syracuse, NY 13212	(315) 458-6184
Onondaga Free Library	4840 West Seneca Tpke. Syracuse, NY 13215	(315) 492-1727
Salina Library	100 Belmont St. Mattydale, NY 13211	(315) 454-4524
Solvay Public Library	615 Woods Rd. Solvay, NY 13209	(315) 468-2441

Tully Free Library	12 State St. P.O. Box 250 Tully, NY 13159	(315) 696-8606
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## City of Syracuse Libraries

Library	Address	Phone
Beauchamp Branch Library	2111 S. Salina St. Syracuse, NY 13205	(315) 435-3395
Betts Branch Library	4862 S. Salina St. Syracuse, NY 13205	(315) 435-1940
Central Library	447 S. Salina St. Syracuse, NY 13202	(315) 435-1900
Hazard Branch Library	1620 W. Genesee St. Syracuse, NY 13204	(315) 435-5326
Mundy Branch Library	1204 S. Geddes St. Syracuse, NY 13204	(315) 435-3797
Syracuse Northeast Community Center Library	716 Hawley Ave. Syracuse, NY 13203	(315) 472-6343
Paine Branch Library	113 Nichols Ave. Syracuse, NY 13206	(315) 435-5442
Petit Branch Library	105 Victoria Pl. Syracuse, NY 13210	(315) 435-3636
Soule Branch Library	101 Springfield Rd. Syracuse, NY 13214	(315) 435-5320
Syracuse Community Connections Library	401 South Ave. Syracuse, NY 13204	(315) 671-5814
White Branch Library	763 Butternut St. Syracuse, NY 13208	(315) 435-3519

# Mental Health Resources

## Cayuga County Mental Health

146 North Street  
Auburn, NY 13021  
(315) 253-0341  
[https://www.cayugacounty.us/589/  
Mental-Health](https://www.cayugacounty.us/589/Mental-Health)

## Onondaga County Mental Health

[www.ongov.net/mentalhealth/](http://www.ongov.net/mentalhealth/)

- To speak with someone about mental health crises or referral services, please call 211, or visit 211 CNY for available resources. The County Department of Mental Health has an extensive listing for counseling, diagnostic, and other mental health services.

## Crisis Assistance, Referral Services, and Support Groups:

Access CNY Family Support and Education Center:  
(315) 478-4151

Al-Anon/Alateen:  
For families and friends of alcoholics  
(315) 471-0191

Alcoholics Anonymous: 12 Step Program:  
(315) 463-5011

Contact Community Services Hotline:  
24-hour crisis line – (315) 251-0600

Depression Bipolar Support Alliance CNY:  
(315) 428-9366

NAMI (National Alliance on Mental Illness): (315) 487-2085

National Domestic Violence Hotline:  
(800) 799-7233

National Suicide Prevention Line:  
(SAMSHA): (800) 273-8255

Narcotics Anonymous: 12 Step Addiction Program: (315) 472-5555

NYS Adult Protective Services:  
1-844-697-3505

Substance Abuse and Mental Health Services Administration (SAMHSA)  
Helpline: (800) 662-HELP (4357)  
Vera House 24-hour crisis and support line:  
(315) 468-3260

Veterans Crisis Line:  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)  
Available 24/7 at 1 (800) 273-8255

## Senior Support Resources

### Senior Companion Program at InterFaith Works

(315) 449-3552

[www.interfaithworkscny.org/programs/  
senior-services-program-3/](http://www.interfaithworkscny.org/programs/senior-services-program-3/)

*The volunteer outreach program of friendly visitors/companions offering socialization and advocacy for isolated older adults.*

## Senior Companion at Westcott Community Center

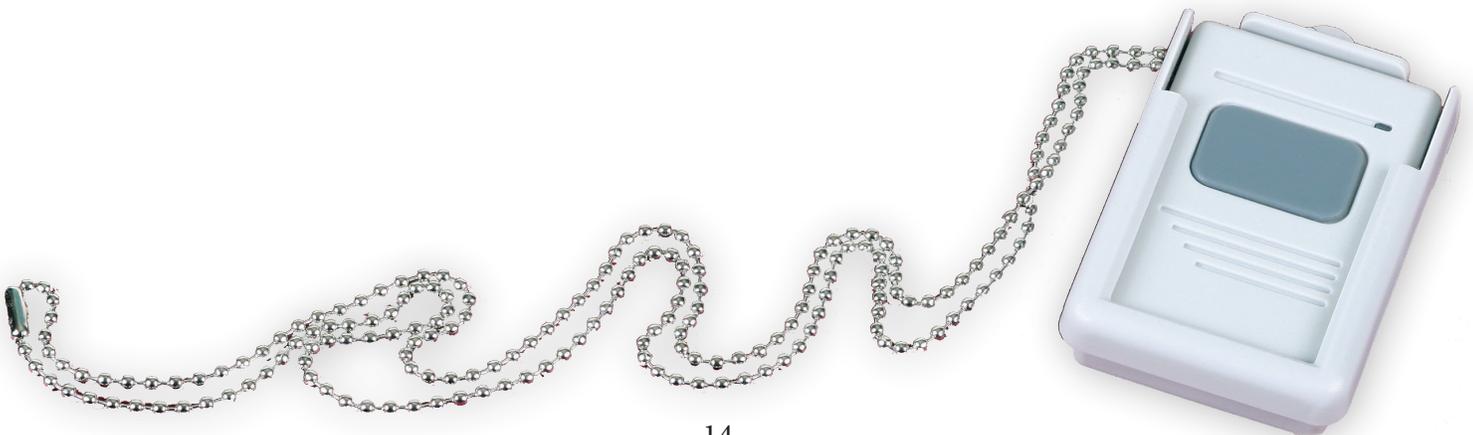
(315) 478-8634

[www.westcottcc.org/senior-services/](http://www.westcottcc.org/senior-services/)

### Personal Emergency Response Systems

A personal emergency response system provides assistance with just a touch of a button. A small electronic device offers 24 hours of security and peace of mind to individuals who live alone or may be at risk during the day or night. When activated, a message is sent to a response station which immediately phones the older adult. If there is no response, emergency assistance is directly sent.

- LifeFone Medical Alert: (800) 882-2280
- Onondaga County Office for Aging, EISEP: (315) 435-2362
- Philips Lifeline: (800) 543-3546
- QuickAlert: (585) 690-2387
- Response4HELP: (315) 857-8939
- Service Alert Systems: (315) 487-6858
- Time Warner Security Medical Alert: (315) 432-0373
- Vital Link: (800) 338-4825



# Senior Centers

## Cayuga County

The Faatz-Crofut Home  
46 Grant Ave.  
Auburn, NY 13021  
(315) 253-6141

North Brook Heights  
170 Murray St.  
Auburn, NY 13201  
(315) 253-2755

Boyle Center Apartments  
149 Genesee St.  
Auburn, NY 13021  
(315) 253-6178

Finger Lakes Center for Living  
20 Park Ave.  
Auburn, NY 13201  
(315) 255-7188

Westminster Manor  
81 South St.  
Auburn, NY 13021  
(315) 252-0507

Evergreen Heights  
8939 Oakland St.  
Weedsport, NY 13166  
(315) 834-6142

Bluefield Manor  
516 Bluefield Rd.  
Auburn, NY 13021  
(315) 258-8575

The Commons on St. Anthony  
3 St. Anthony St.  
Auburn, NY 13021  
(315) 253-0351

## Onondaga County

Canton Woods Senior Center  
76 Canton Street  
Baldwinsville, NY  
(315) 638-4536

Cicero Senior Center  
5924 Lathrop Dr.  
Cicero, NY 13039  
(315) 452-3298

Clover Corner Senior Center  
405 Gifford St.  
Syracuse, NY 13204  
(315) 476-3157

Frank DeFrancisco Eastwood Senior Center  
401 S. Midler Ave.  
Syracuse, NY 13206  
(315) 437-4011

DeWitt Parks and Recreation  
DeWitt Town Hall  
5400 Butternut Dr.  
East Syracuse, NY 13057  
(315) 446-9250, Ext. 9

Dunbar Association Virtual Senior Program  
1453 South State St.  
Syracuse, NY 13205  
(315) 760-3155

Fayetteville Senior Center  
584 E. Genesee St.  
Fayetteville, NY 13066  
(315) 637-9025

Jewish Community Center  
5655 Thompson Rd.  
DeWitt, NY 13214  
(315) 445-2360

Manlius Senior Center  
1 Arkie Albanese Ave.  
Manlius, NY 13104  
(315) 682-7889  
[www.manliusseniors.org/](http://www.manliusseniors.org/)

Magnarelli Community Center at  
McChesney Park  
2300 Grant Blvd.  
Syracuse, NY 13208  
(315) 473-2673

Northeast Community Center  
716 Hawley Ave.  
Syracuse, NY 13203  
(315) 472-6343

Onondaga Senior Center  
4834 Velasko Rd.  
Syracuse, NY 13215  
(315) 469-3464

Robert Cecile Community Center  
174 W. Seneca Tpke.  
Syracuse, NY 13205  
(315) 473-2678

SAGE/Upstate  
431 E. Fayette St., Lower Level  
CNY Philanthropy Center  
Syracuse, NY 13202  
(315) 478-1923

Westcott Community Center  
826 Euclid Ave.  
Syracuse, NY 13210  
(315) 478-8634

## **Social Adult Care Cayuga County**

ElderChoice Social Day Program  
9 State Street  
Auburn, NY 13021  
(315) 252-3095

*Offers an engaging and positive social environment through services and activities.*

Senior Citizens Club at Schwartz Towers  
90 North St.  
Auburn, NY 13021

(315) 253-4947  
*Provides various class sessions and activities to anyone over the age of sixty.*

Silver Fox Adult Day Center West  
22 East Genesee Street,  
Baldwinsville NY 13027  
315-635-5335

<https://www.silverfoxseniors.org/>

## **Social Adult Care Onondaga County**

Central Park Rehabilitation and Nursing  
Center - Adult Day Care Program  
116 Martin Luther King East  
Syracuse, NY 13205  
(315) 475-1641

[www.centralparkrehab.com/](http://www.centralparkrehab.com/)  
*Provides day care services for elderly and adults with disabilities.*

PEACE, Inc.  
Frank DeFrancisco Eastwood  
Community Center  
401 South Midler Avenue  
Syracuse, NY 13206  
(315) 437- 4011

*Offers programs and activities for today's seniors.*



Salvation Army Senior Center and  
Social Day Program  
(315) 479-1313  
<https://syracusenysalvationarmy.org>

SyracuseNY/Seniors  
Westcott Comprehensive Senior  
Day Services  
826 Euclid Avenue  
Syracuse, NY 13210  
(315) 478-8634  
[www.westcottcc.org/](http://www.westcottcc.org/)  
*Westcott provides breakfast, a lunch  
program for older adults, recreational,  
educational, exercise programs and  
activities. Free transportation to and from  
the center is available.*

## Veterans Agencies and Resources

### Clear Path for Veterans

1223 Salt Springs Rd.  
Chittenango, NY  
(315) 687-3300  
[www.clearpath4vets.com/](http://www.clearpath4vets.com/)  
*Assists veterans, military members and  
their families.*

### NYS Division of Veterans' Services

(888) 838-7697  
*Provides information on benefits, offers  
counseling and advocates for veterans.*

### Syracuse University College of Law - Veterans Legal Clinic

(315) 443-4582  
*Assists with VA claims, representing  
clients in VA claim appeals, and helping  
veterans in  
upgrading discharges.*

### Office of Veterans and Military Affairs (OVMA)

Syracuse University  
101 Waverly Ave.  
Syracuse, NY  
[www.veterans.syr.edu/](http://www.veterans.syr.edu/)  
*Office of veteran student success, veteran career  
services, National Veterans Resource Center.*

### Cayuga County Veteran Service Agency

(315) 253-1281  
96 Genesee St.  
Auburn, NY 13201  
[www.Cayugacounty.us/veterans-service-  
agency](http://www.Cayugacounty.us/veterans-service-agency)  
*Works to provide care and services to veterans  
across Cayuga County.*

### Veterans of Foreign Wars

50 Salina Street  
Baldwinsville, NY  
(315) 635-7370  
<https://www.vfw.org/>

### Veterans Service Agency Onondaga County

(315) 435-3219  
*Currently, the Veterans Service Agency will not  
see walk-ins at their Civic Center, 10th Floor  
location. Please call (315) 435-3219 from 8:30  
am to 4:30 pm, Monday through Friday. Provide  
your name, phone number and the reason for  
your call. A Veterans Service Officer will return  
your call.*



*Senator May with Veteran of the Year William  
Yorton (2018) at Clark Park, Canastota for the Lenox  
Veteran's Monument Celebration.*

# Other Resources

## AARP - New York State Office

1 Commerce Plz., Ste. 706  
Albany, NY 12260  
(518) 434-4194  
[www.aarp.org/](http://www.aarp.org/)



*Senator May speaking to AARP New York State.*

## Great New York State Fair

The Great New York State Fair  
581 State Fair Boulevard  
Syracuse, New York 13209  
(315) 487-7711  
<http://nysfair.ny.gov/your-visit/faq/>

## New York State Fair Senior Days

(315) 487-7711  
<https://aging.ny.gov/news/great-new-york-state-fair-offers-free-admission-older-adults-senior-days>  
*NEW for 2021 - Seniors 65 and over are admitted free every day of the State Fair.*

## New York State Golden Park Program

New York State Parks  
Albany, NY 12238  
(518) 474-0456  
TTY/TDD through 711 Relay Service

<https://parks.ny.gov/admission/golden-park-program.aspx>  
*New York State residents 62 or older, are eligible for free vehicle access to most\* State parks, boat launch sites and arboretums, and fee reduction to State historic sites and State-operated golf courses.*

## Baldwinsville Theatre Guild

64 Oswego Street  
Baldwinsville, NY  
(315) 877-8465  
<https://www.baldwinsvilletheatreguild.org/>

## Erie Canal Museum

318 Erie Boulevard East  
Syracuse, NY 13202  
(315) 471-0593  
<https://eriecanalmuseum.org/>  
*Historical museum with exhibits and events. Donation suggested, but not required for entry*

## Everson Museum of Art

401 Harrison Street  
Syracuse, NY 13202  
(315) 474 6064  
<https://everson.org/>  
*Exhibition gallery, events, classes, gift shop and reduced admission for seniors.*

## The Landmark Theatre

362 S. Salina Street  
Syracuse, NY 13202  
<https://landmarktheatre.org/>  
*On the National Register of Historic Places, this theatre for the performing arts hosts top-level acts and Broadway shows. Volunteers are needed for ushering, planning and assisting in the office*

## Onondaga County Parks

Administrative Office  
106 Lake Drive

Liverpool, NY 13088  
(315) 451-7275  
www.onondagacountyparks.com  
Includes information about parks, events,  
outdoor activities, programs, and senior  
discounts.

Senior Discounts and Onondaga County  
Parks  
[https://www.onondagacountyparks.com/  
about/senior-discounts-and-programs](https://www.onondagacountyparks.com/about/senior-discounts-and-programs)

### **Onondaga Lake Park**

[https://www.onondagacountyparks.com/  
parks/onondaga-lake-park/](https://www.onondagacountyparks.com/parks/onondaga-lake-park/)  
*Trails, recreation, walking path, playground  
and visitor center along the shores of Onondaga  
Lake.*

### **The Redhouse**

400 S. Salina Street  
Syracuse, NY 13202  
(315) 362-2785  
<http://www.theredhouse.org/>  
*Arts center with performances, educational  
programs, classes and opportunities to  
volunteer. For more information on becoming a  
volunteer, email: [info@theredhouse.org](mailto:info@theredhouse.org)*

### **Rosamond Gifford Zoo**

1 Conservation Place  
Syracuse, NY 13204  
(315) 435-8511  
<https://rosamondgiffordzoo.org/>  
*Animals, events, gift shop and volunteer  
opportunities. Seniors 62 and older receive a  
discount for admission.*

### **Salt Museum**

106 Lake Drive  
Liverpool, NY 13088  
(315) 453-6715 or (315) 453-6712  
[https://www.onondagacountyparks.com/  
parks/onondaga-lake-park/salt-museum/](https://www.onondagacountyparks.com/parks/onondaga-lake-park/salt-museum/)  
*Historic museum with gift shop in Onondaga  
Lake Park.*

### **Shacksboro Schoolhouse Museum**

46 Canton Street  
Baldwinsville NY  
(315) 638-2452  
<http://www.shacksboromuseum.com>

### **Symphoria**

234 Harrison Street  
Syracuse, NY 13202  
(315) 299-5598  
<http://experiencesymphoria.org/>  
*Concerts, youth orchestra, school programs  
and community events.*

### **Cayuga - Art, Culture and History**

#### **Auburn Public Theater**

8 Exchange St.  
Auburn, NY 13021  
(315) 253-6669  
[AuburnPublicTheater.org](http://AuburnPublicTheater.org)

#### **Cayuga Museum of History and Art**

203 Genesee St.  
Auburn, NY 13021  
(315) 253-8051  
[CayugaMuseum.org](http://CayugaMuseum.org)

#### **Equal Rights Heritage Center**

25 South St  
Auburn, NY 13021  
(315) 258-9820  
<https://equalrightsheritage.com/>

#### **Seward House**

33 South St.  
Auburn, NY  
[Sewardhouse.org](http://Sewardhouse.org)

**Emerson Park**  
6877 E. Lake Rd.  
Auburn, NY 13201  
(315) 253-5611

**John Harris Park**  
6205 Railroad St.  
Cayuga, NY 13034  
(315) 252-1707

**Owasco Flats Nature Preserve**  
2799 Firelane  
Moravia, NY 13118  
(315) 253-5611

**Hoopes Park**  
184 East Genesee Street  
Auburn, NY 13201  
(315) 255-4737

**Sterling Nature Center**  
15730 Jensvold Rd.  
Sterling, NY 13156  
(315) 947-6143

**Fillmore Glen State Park**  
1686 Route 28  
Moravia, NY 13118  
(315) 497-0130

## Office of Senator Rachel May Senior Assistance

For assistance identifying information or to suggest legislation for seniors in the 48th District, please contact Ingrid Gonzalez-McCurdy - Senior Policy Advisor at  
(315) 478-8745 or [mccurdy@nysenate.gov](mailto:mccurdy@nysenate.gov).  
SYRACUSE STATE OFFICE BUILDING  
333 E. Washington St., Suite 805  
Syracuse, NY 13202  
(315) 478-8745  
[www.nysenate.gov/senators/rachel-may](http://www.nysenate.gov/senators/rachel-may)





# STATE WIDE

**New York State Wide Senior Action Council, Inc.**

275 State Street, Albany, NY 12210 · (800) 333-4374 · Fax: (518) 436-7642

**Medicare, Patient's Rights, & Medicare Fraud Helplines**

**800-333-4374**  
**www.nysenior.com**



**Patient's Rights** - To assist all New Yorkers in asserting their patients' rights regarding quality coverage and access to health care services.



**Medicare Health and Prescription Drug Coverage** - To educate and assist Medicare beneficiaries and their families to make informed decisions regarding health care coverage.



**Services & Benefits for Seniors** - To help find State, local, and federal services and benefits available to seniors.



**Medicare Fraud Prevention** - To empower and assist Medicare beneficiaries, their families and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

Search  
Community Living Advocates  
to find care for  
someone you love:  
[www.communitylivingadvocates.com](http://www.communitylivingadvocates.com)



Find care services from all over  
Central New York. Here are just a few...



Find services, resources, housing, classes and more!



Lifespan of Greater Rochester is a non-profit aging service provider that helps older adults take on the challenges and opportunities of longer life. We have 30 programs for older adults and family care givers.

Contact information:

Lifespan  
1900 S. Clinton Avenue  
Rochester, NY 14618

(585) 244-8400 or  
Toll-free at 1-866-454-5110  
[www.lifespan-roch.org](http://www.lifespan-roch.org).

**Some of our services:**

NYS Elder Abuse Coalition/Enhanced Multi-Disciplinary Teams - Lifespan specializes in elder abuse prevention and intervention services throughout NYS. We provide information, assistance, and intervene in cases of abuse and financial exploitation.

NYS Caregiving & Respite Coalition – Lifespan operates the NYS Caregiving & Respite Coalition. The Coalition provides respite training for volunteer programs, a caregiver simulation for professionals, a respite voucher program for kinship care families, and general education and training.

NY Connects for Monroe County and Ontario County – We provide information, assistance, and options counseling for older adults. 1-800-342-9871.

Eldersource Care Management – This service provides in-home social work services. Individuals receive an assessment. We develop a care plan, make recommendations, and connect people to services.

Finger Lakes Caregiver Institute – We work with families who have a loved one with dementia/Alzheimer’s disease. We help family caregivers get the education, support, information, and access to social work services to help them support their loved one. Lifespan partners with the Alzheimer’s Association of the Finger Lakes.

Home-Safe-Home – We provide a safety assessment and provide minor home modifications to people who need grab bars, smoke detectors, etc.

Financial Services – Lifespan provides an array of financial management services to help people with budgeting, bill paying and balancing of accounts.

Health Insurance Information and Assistance Program – We provide health insurance information and options to individuals who need to compare health insurance plans.

Health Care Coordination – We provide health care coordination for individuals who need assistance to navigate health care appointments and health care information. Our health care coordinators are LPNs. They help people arrange transportation, will attend appointments with the older adult, support medical instructions and make sure that medication reconciliations are completed each month.



**The Alzheimer's Association, Central New York Chapter provides support, education, training and other resources to increase knowledge and to support those facing Alzheimer's disease and other dementias. We are here to help.**

### **Helpline**

Serving people living with memory loss, caregivers, health care professionals and the public with reliable information and support. Call anytime day or night at 800.272.3900.

### **Care Consultations**

Care planning meetings that assist individuals living with dementia and their families solve immediate problems and plan for the future.

### **Support Groups**

Peer- and professionally-led support groups for caregivers and others living with Alzheimer's disease.

### **Education Programs**

Education programs feature information on topics including the signs of Alzheimer's disease, diagnosis, communication, living with Alzheimer's and caregiving techniques.

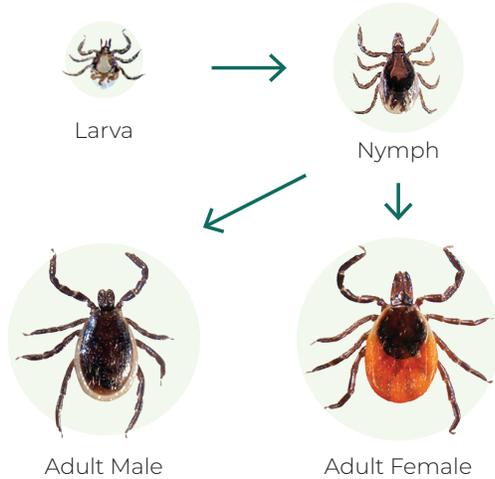
### **MedicAlert® with 24/7 Wandering Support**

The Alzheimer's Association, in collaboration with MedicAlert Foundation, provides membership plans with 24/7 Wandering Support, a nationwide emergency response service for individuals living with Alzheimer's disease or another dementia who wander or have a medical emergency. Residents of Central New York can obtain a free membership, thanks to a grant from the New York State Department of Health, by calling 315.472.4201 and dialing 227, or emailing the Chapter at [cny-programs@alz.org](mailto:cny-programs@alz.org).

**24/7 Helpline: 800.272.3900**  
**[cny-programs@alz.org](mailto:cny-programs@alz.org) | [alz.org/cny](http://alz.org/cny)**

## TICK IDENTIFICATION

### Black-Legged Tick (Deer Tick) Growth Stages



Photos: TickEncounter, University of Rhode Island



## TICK PREVENTION CHECKLIST



**Wear tall socks** and pull over pants if possible.



**Apply Tick Repellent.** Use as labeled (Permethrin for clothes, ≥20% DEET or Picaridin for skin).



**Wear light-colored clothing** with sleeves.



**Toss clothing in dryer on high heat for 15 mins.** If washing, use hot water.



**Shower or bathe** as soon as you return inside.



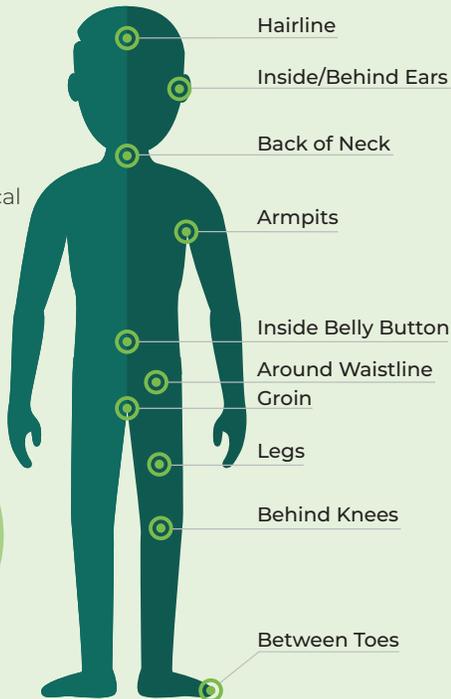
**Mow lawn regularly.** Avoid tall grass in yards, parks and recreation areas and while hiking.

## WHERE TO CHECK FOR TICKS

### FOUND A TICK?

We are proud to be affiliated with the Thangamani Lab at SUNY Upstate Medical University, which has a procedure for accepting and testing ticks and communicating results for **FREE**.

Visit **NYTicks.org** to learn more!

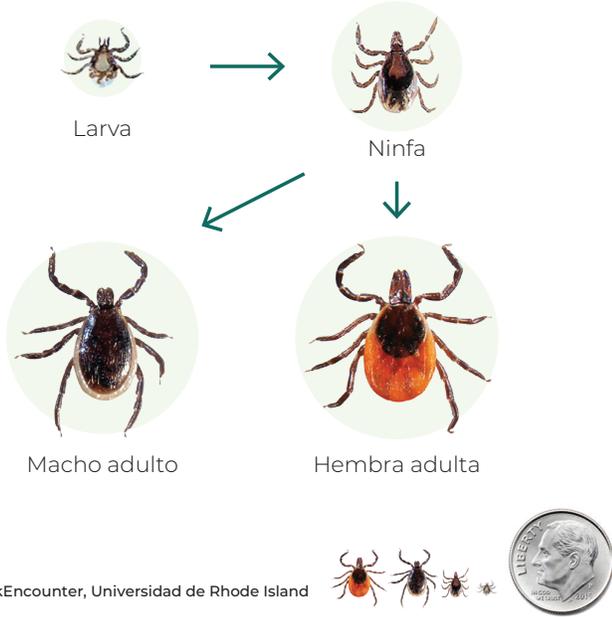


## LYME DISEASE SYMPTOMS

		LIKELY	
EARLY LYME	CHRONIC LYME		
Fatigue	Fatigue		
Rash	Joint Pain		
Headache	Muscle Pain		
Fever	Other Pain		
Sweats	Sleep Issues		
Chills	Cognitive		
Muscle Pain	Depression		
Joint Pain	Neuropathy		
Neck Pain	Headache		
Sleep Issues	Heart Issues		
		LESS LIKELY	

## IDENTIFICACIÓN DE LA GARRAPATA

**Garrapata de patas negras** (garrapata del venado)  
Etapas de crecimiento



## LISTA DE COMPROBACIÓN DE PREVENCIÓN CONTRA GARRAPATAS



Use calcetines altos y estírelos por encima de los pantalones si es posible.



Aplique el repelente de garras. Úselo según se indique en la etiqueta (permetrina para la ropa, ≥20% DEET o picaridina para la piel).



Use ropa de color claro con mangas.



Coloque la ropa en el secador a alta temperatura durante 15 min. Si la lava, use agua caliente.



Dese una ducha o baño en cuanto vuelva al interior.



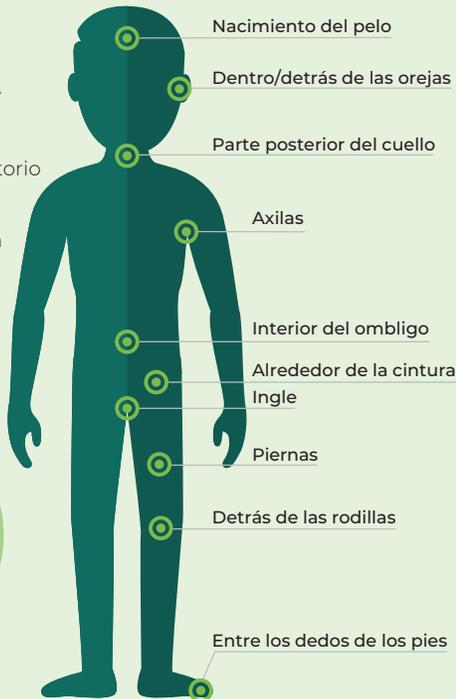
Corte el césped regularmente. Evite la hierba alta en patios, parques y áreas recreativas y mientras camina.

## DÓNDE BUSCAR GARRAPATAS

### ¿ENCONTRÓ UNA GARRAPATA?

Estamos orgullosos de estar afiliados al laboratorio Thangamani de SUNY Upstate Medical University, que tiene un procedimiento para aceptar garrapatas para analizarlas y comunicar los resultados GRATIS.

Visite **NYTicks.org** para obtener más información.



## SÍNTOMAS DE LA ENFERMEDAD DE LYME

	PROBABLES	
	LYME INCIPIENTE	LYME CRÓNICA
	Cansancio	Cansancio
	Erupción	Dolor articular
	Dolor de cabeza	Dolor muscular
	Fiebre	Otros dolores
	Sudor	Problemas de sueño
	Escalofríos	Cognitivos
	Dolor muscular	Depresión
	Dolor articular	Neuropatía
	Dolor de cuello	Dolor de cabeza
	Problemas de sueño	Problemas cardíacos
	MENOS PROBABLES	



## Eldercare Services

AAAs are a focal point for information, advocacy and coordination of eldercare services including:

- Home Delivered and Congregate Meals
- Nutrition Counseling
- Health Insurance Information & Assistance (HICAP)
- Home Energy Assistance
- Caregiver Support Services
- Information on Long Term Services and Supports (LTSS) through NY Connects
- Adult Day Care Services
- In-home Services
- Legal Services
- Volunteer Opportunities

Revised January 2019

# AREA AGENCIES ON AGING: Servicios de Cuidado de Ancianos

Area Agencies on Aging (AAAs) were established under the Older Americans Act of 1965 to respond to the needs of aging Americans through home and community-based services and supports to allow them to age in place. Funding is provided through the Older Americans Act, New York State, county government and participants, the New York State residents who receive the services.

## Federal Funding

Federal funding through the Older Americans Act (OAA) falls into several categories with varying levels of flexibility. OAA funds are for the purpose of assisting states and Area Agencies on Aging to develop and enhance coordinated community-based systems of care.

## State Funding

State funding is administered through the New York State Office for the Aging and distributed by way of a funding formula. The following are the main programs.

### Community Services for the Elderly (CSE)

CSE is a flexible funding stream that is used for services such as case management, meals, adult day services, home care, transportation, health promotion, and information and assistance

### Expanded In-home Services for the Elderly Program (EISEP)

The EISEP program enables many frail older adults to remain independent in their homes. The program provides well-planned and coordinated non-medical services, including personal care or housekeeping. Case managers determine need through a COMPASS assessment.

### NY Connects

NY Connects, predominantly operated by AAAs, provides information and assistance for consumers of all ages seeking long-term services and supports, helping them remain independent.

### Wellness in Nutrition (WIN)

WIN provides meals for qualifying seniors either in a congregate setting or as a home-delivered meal. Each meal provides at least one-third recommended daily allowance (RDA) for nutrition. Nutrition education and counseling are also offered as part of this program.

### Health Insurance Information Counseling & Assistance Program (HIICAP)

HIICAP provides information to seniors on Medicare, Medicaid, managed care, EPIC, and other health insurance options and issues, and also assists Medicare beneficiaries to access needed health care and to apply for programs such as the Medicare Savings Program. HIICAP counselors are trained and certified professionals.

## Local Funding

Local funding is required to support the federal and state funded programs. Area Agencies on Aging are required to match at least 25% of the service expenditures for both the EISEP and CSE programs. Several programs through the Older Americans Act require a 10% local match. Therefore, services are provided by a mix of funding, including federal, state and local/county sources, as well as voluntary contributions from participants. In addition, local Area Agencies on Aging (AAAs) rely on volunteers to assist with a number of their programs, including home-delivered meals, transportation to doctor's appointments, and health insurance counseling.

## *Notes*







New York State Senator  
**RACHEL MAY**

**District 48**

**ALBANY OFFICE**

803 Legislative Office Bldg.  
Albany, NY 12247  
(518) 455-2838

**DISTRICT OFFICE**

State Office Bldg.  
333 East Washington St.  
Rm. 805  
Syracuse, NY 13202  
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